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GO SASKATCHEWAN SEAHAWKS?

The Seattle Seahawks fan flag is flying high at Regina City Hall as the city gives its support to Seahawks punter and local man Jon Ryan. Ryan will be the first Saskatchewanian to compete in the Super Bowl, which will be played this year on Feb. 2. Ryan's brother Steve Ryan, right, along with city officials and Mayor Michael Fougere raised the fan flag at city hall Monday. See page 3 for more coverage. SARAH TAGUIAM/METRO

Sask. aids cold neighbours with natural gas

SaskEnergy. Trucks carrying CNG deployed to southeastern Manitoba, where a pipeline explosion left residents without heat

MARCO VIGLIOTTI
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Saskatchewan is sending semi-trailers full of compressed natural gas (CNG) to assist communities in southeastern Manitoba still without heat following a pipeline explosion on Saturday.

CanGas Solutions deployed six trucks on Sunday hauling CNG cascades to the area, all of which were filled up at the SaskEnergy loading facility in Weyburn, said Dave Burdeniuk, SaskEnergy's director of media and government relations

"You take the trailers and hook them up to natural gas stations," he explained of how the trucks are used. "They were able to get (natural gas) service restored to a couple of hospitals, seniors' facilities and warming centres."

Opened last year in conjunction with CanGas, the quick-loading facility in Weyburn provides semi-trailers of CNG to oil-rig crews in the area.

SaskEnergy, a provincial Crown corporation, does have an agreement with CanGas, Burdeniuk noted, to use the trailers in an emergency situation.

The province also sent a SaskEnergy trailer, along with a crew of three gas construction workers, and a maintenance technician in a separate vehicle.

The trailer is now on site south of Winnipeg and providing natural gas service to facilities in the area, he said.

Saturday's rupture of a TransCanada-owned pipeline near Otterburne has left nearly 4,000 customers without access to natural gas, as temperatures in the area dip to almost -30 C.

Manitoba Hydro said it expects to begin restoring service by Monday evening.

Burdeniuk said SaskEnergy is prepared to send more trucks full of natural gas until service is restored in the area.

Once it has been restored, he said, SaskEnergy would send service technicians door-to-door to assist residents as they relight their natural gas appliances.

As members of the Canadian Gas Association, all natural gas utilities have mutual aid agreements with neighbouring counterparts, Burdeniuk added.

More coverage, page 4

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NEWS

E-cigarette facts still smoky?

'Number of concerns.'
Little known about health impact of product: Province's chief medical officer

One of Saskatchewan's leading public health experts says he's concerned about the use of electronic cigarettes.

While electronic cigarette products containing nicotine are unlicensed and prohibited by the federal government, Canadian consumers can still buy the devices online and in the last decade they've become a popular alternative to tobacco cigarettes.

Saqib Shahab, Saskatchewan's chief medical health officer, said although the products are widely available, there's little research on their health impacts and as a result he says consumers should steer clear of the smokes.

"When you buy a product which is licensed and sold for a variety of purposes, but it's a pharmaceutical or a food product, you know what the contents are," Shahab said. "In this case, there may be very little information on what actually is in the product and what happens when it's vaporized."

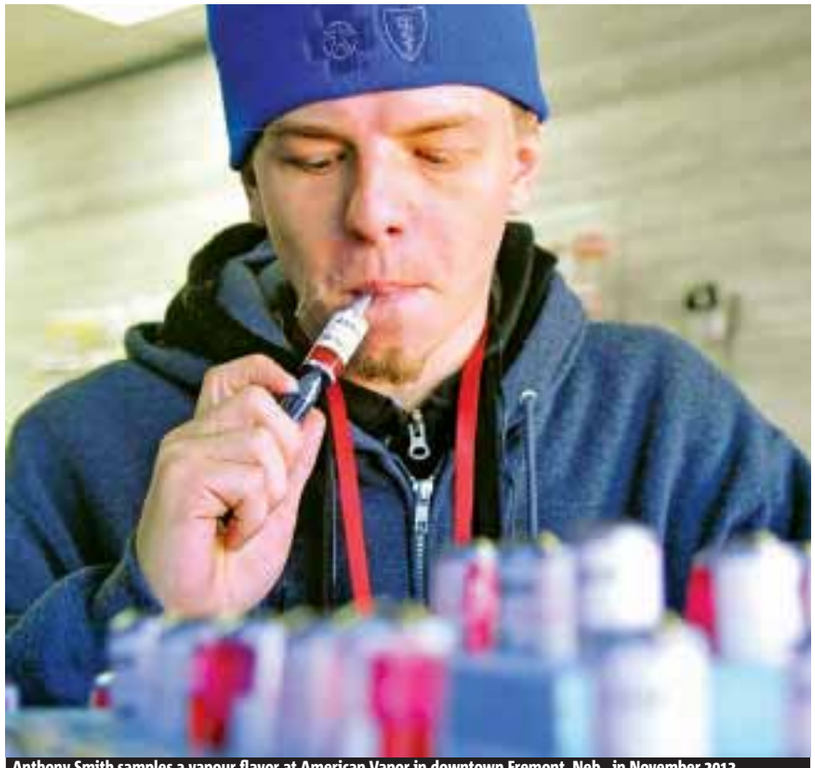
Vaporizing a small cartridge of liquid that can contain nicotine, electronic cigarettes produce a steam-like vapour that the user then inhales. However, Shahab said the fact the devices still look and feel like cigarettes is also an issue, especially amongst youth.

"There is concern that this is being used as a gateway drug or a way of reversing some of the denormalization that's happened around smoking," he said. "Most young people actually don't smoke, but if they started picking up and using e-cigarettes, it's not a big step from using e-cigarettes to using regular cigarettes."

The Canadian Cancer Society (CCS) said it would support provincial regulations of the products and they hope it's only a matter of time before provinces across the country develop new legislation to address the issue.

"There's a number of concerns," said Rob Cunningham, senior policy analyst at the CCS. "This is an emerging area and we're seeing increasing regulatory activity, most recently in this aspect by the cities of Chicago and New York, and I do expect we're going to see an increasing number of provinces take action."

MORGAN MODJESKI/METRO IN SASKATOON



Anthony Smith samples a vapour flavor at American Vapor in downtown Fremont, Neb., in November 2013. Saskatchewan's chief medical health officer, Saqib Shahab, is advising the public to avoid electronic cigarettes as information and research about the products is lacking. TONY GRAY/THE TRIBUNE/THE ASSOCIATED PRESS FILE

'Pay up'

Cameco owes Canadians millions, group claims

The group behind a billboard in Saskatoon targeting a major Canadian exporter says it hopes the sign gets results.

The sign asks Cameco to "pay up" and says the company owes hundreds of millions in taxes to Canadians.

Don Kossick of Saskatchewan Citizens for Tax Fairness says they went with a billboard in the hopes it will influence Cameco to not use offshore havens for its money.

Cameco is in a dispute with the Canada Revenue Agency over hundreds of millions of dollars of corporate taxes.

The agency alleges a 17-year contract Cameco signed in 1999 with a subsidiary it set up in Switzerland was a tax dodge and the company owes up to $850 million in corporate taxes. Cameco wouldn't comment on the billboard, but Rob Gereghty, manager of media relations, said in an email that "Cameco has always, and continues to pay all taxes due under the laws of Canada and other jurisdictions where we conduct business."

At issue is a deal Cameco made in 1999 to sell uranium to its wholly-owned Swiss subsidiary, Cameco Europe Ltd. Uranium prices were much lower at that time.

The allegation is that Cameco Europe then sold the uranium for more and recorded the profits in Switzerland, where the taxes are lower.

Cameco said it set up the offshore marketing subsidiary because most of its customers are located outside Canada.

However, most of its mines are in northern Saskatchewan. The province is one of the world's largest uranium producers.

The case is expected to go to trial next fall, with a court decision expected in 2015.

"We wanted people to know that when companies don't pay their fair share of taxes, it means others have to pay more and that we don't have the revenue necessary to invest in education, health care, infrastructure and so on," said Dennis Howlett, executive director of Canadians for Tax Fairness.

THE CANADIAN PRESS/CKOM

A flag of the 12th Man group — the Seattle Seahawks fan club — flew at Regina City Hall Monday. The flag was raised in support of Seahawks punter and Regina native Jon Ryan, who will be the first Saskatchewanian to play in the Super Bowl. The Seahawks will be facing the Denver Broncos on Feb. 2 in New Jersey.

SARAH TAGUIAM
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Regina's got Seahawks pride

1 Family pride

From left, Jon Ryan's brother Steve, mother Barb and sister Erica are proud to be cheering Jon on live at the Super Bowl on Sunday. "Football is our family's life ... and to have Jon playing at the Super Bowl makes it even more special," Barb said.

2 Rah-rah mayor

Mayor Michael Fougere told reporters that it's important for Regina to show its support for Ryan, who's a product of the city's football system.

3 All in attendance

Ryan's family, friends and city officials braved the cold and hoisted the 12th Man flag in front of Regina City Hall.

4 Showing his true colours

A Seattle Seahawks fan wears his 12th Man jersey in support of the team.

5 Up we go

From left, a city worker, the mayor and Ryan's brother Steve prepare to raise the 12th Man flag.

6 Flying high

The 12th Man flag is flying in city hall's courtyard in anticipation of Super Bowl XLVIII.

Political Games? Tories to deliver federal budget during Winter Olympics

If there was any doubt the upcoming federal budget would be a low-key affair, the Harper Conservatives erased it Monday by announcing plans to deliver their new spending plan during the Winter Olympics.

Finance Minister Jim Flaherty said he'll table the budget on Feb. 11, when many Canadians are likely to be focused on Sochi and hoping for gold-medal performances from their Olympic heroes.

New Democrat Leader Tom Mulcair quickly accused the Conservatives of seeking to avoid public scrutiny of what he predicted would be a no-news, austerity-driven budget, bereft of plans or programs to help create jobs.

"People need help now and the Conservatives should be acting now," Mulcair said.

"But it's quite obvious that they're holding everything in abeyance so that they can have a good-news budget next year, try to claim — without ever having to measure it — that they're heading for a balanced budget and announce all sorts of things." THE CANADIAN PRESS

Finance Minister Jim Flaherty
THE CANADIAN PRESS

Mistakes on a plane. Cops called as couple get overly amorous while in the air

Two passengers on an Air Canada flight Friday night got a little too frisky, prompting complaints from other travellers and a call to the RCMP.

Police met Flight 610 when it arrived in Halifax from Toronto around 5:30 p.m. Crew members identified a 24-year-old woman and a 38-year-old man as the people who allegedly "engaged in a sexual act" during the flight, said Cpl. Scott MacRae, spokesman for Halifax RCMP. The sex act was not intercourse, MacRae said, noting the people involved still had their clothes on.

"People were not naked by any means," he said.

The situation escalated when officers tried to investigate and the women became "upset and disruptive," and kicked a police officer, MacRae said.

"The woman was very belligerent and continued to be verbally abusive," he said.

No one was injured.

Police arrested the woman, who is from Porters Lake, near Halifax. She spent the night in custody and is facing charges of assaulting a police officer, causing a disturbance and mischief.

The man was released at the airport. Police have not said where he is from.

TORSTAR NEWS SERVICE

Florida

Suspect sought in death of Canadian

Police in Florida have issued an arrest warrant for a suspect in the death of a Canadian tourist who was found stabbed on a sidewalk, identified as 58-year-old Domenico Perruccio. His hometown was not immediately known.

Police say an arrest warrant has been issued for 37-year-old Twane Dobard.

THE ASSOCIATED PRESS

Arizona

Calgary doctor killed in base-jumping fall

A base-jumper killed in a fall in Arizona near the Grand Canyon has been identified as a 41-year-old Canadian physician.

The Coconino County Sheriff's Office says the body of Dr. David Stather of Calgary was recovered Saturday after two fellow jumpers reported him missing after he made a jump Friday. THE ASSOCIATED PRESS

TransCanada crews work on a gas pipeline leak that occurred just outside Otterburne, Man., Monday. JOHN WOODS/THE CANADIAN PRESS

Manitobans keep warm after blast

Resiliency. Many residents get creative after pipeline explosion leaves them without heat for third day

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third day without heat Monday.

Steve Cope was using an electric fireplace and space heaters to keep his Niverville home warm as the temperature outside dipped to near -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout the house," Cope said.

TransCanada Pipelines vice-president Karl Johannson said the company hoped to have natural gas service restored by Tuesday. He suggested some communities could have gas back by Monday night.

There were no reports of injuries from the fiery blast, but Johannson apologized and promised that the company would cover any direct losses people experienced. He thanked neighbours for helping each other by sharing space heaters and accommodation.

Municipalities in the region had set up warming centres, but they were virtually empty.

"It's great news because it means people have been very self-sufficient," Hanover municipality spokeswoman Heather Chambers Ewen said.

THE CANADIAN PRESS

Quoted

"We are sorry the impact this is created. We are doing everything we can to restore natural gas services from our pipeline so that your homes and businesses can enjoy the heat that they rely on, especially during this type of cold weather."

TransCanada Pipelines vice-president Karl Johannson

Canadian leaves 'thrown together' Sochi

Johnnie Balfour poses in Sochi in a picture posted to his blog. TUMBLR.COM

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that went viral.

Aside from the money issues, Balfour doubted whether Sochi would be ready for the Olympics' Feb. 6 start date.

"Nothing is finished here and there are piles of garbage everywhere. Muddy water is pouring off the mountain and flowing through the streets and the cobblestone pavers are all lifting up or disappearing into sinkholes," he wrote.

"This entire place was built in the last few years, it looks nice at first glance but look a little closer and you can see that it was just thrown together."

EMILY JACKSON/METRO IN VANCOUVER

A protester guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister Elena Lukash on the presidential website.

President Viktor Yanukovych has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovych late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovych resign.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovych had offered him on Saturday, the statement said.

Eliminating the laws, which is likely to be done in a special parliament session Tuesday, appears to be a serious step back for the government. The session is also expected to include a discussion of government responsibility in the crisis, suggesting a cabinet reshuffle could be imminent.

THE ASSOCIATED PRESS

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovych to curb his country's overtures to the West.

Syria. Senior figure in al-Qaida-linked group reportedly killed

A senior figure in an al-Qaida-linked group in Syria has been killed in a bloody dispute with rival rebel factions that has raged for more than three weeks across opposition-held parts of the country, activists and an Iraqi intelligence official said Monday.

Heavy fighting between the Islamic State of Iraq and the Levant and rival rebels has left more than 1,400 people dead across northern Syria since Jan. 3. The clashes, which erupted after months of growing resentment against the Islamic State's heavy-handed tactics in the territory under its control, are the most serious among the opponents of Syrian President Bashar Assad since the country's civil war began.

The senior militant, an Iraqi who went by the nom de guerre of Haji Bakr, was killed earlier this month in the town of Tal Rifaat in the northern province of Aleppo, according to the Britain-based Syrian Observatory for Human Rights monitoring group.

That corresponded to reports provided by two activists based in the city of Aleppo, Hassan Kattan and another who spoke on condition of anonymity for security reasons.

THE ASSOCIATED PRESS

Chemical weapons

On Monday, the international mission ridding Syria of its chemical weapons said a second batch has been removed from the country.

- The UN and the Organisation for the Prohibition of Chemical Weapons said the materials were verified before being loaded onto Danish and Norwegian ships and taken out of the country.

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, UN Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

THE ASSOCIATED PRESS

Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia, on Sunday. AIMEN ZINE/THE ASSOCIATED PRESS

Brazil

Many dead, injured after bus-bulldozer crash

Brazilian authorities say 14 people were killed after a passenger bus slammed into a bulldozer that had fallen from a truck transporting it. Police say the accident happened in the northeastern state of Bahia. Local media reports citing hospital officials say at least 21 people were also injured.

THE ASSOCIATED PRESS

Trierweiler

French ex-first lady reappears

In her first public appearance since the French president broke up with her, Valerie Trierweiler bristled Monday when asked about her future during a charity visit to India and said, "Don't worry about me." Trierweiler did not address the scandal directly during a news conference with Action Against Hunger.

THE ASSOCIATED PRESS

Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years. THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday. THE ASSOCIATED PRESS

Advocacy groups call Bell out for data collection on wireless customers

Consumer rights. Gathering the watching, clicking and calling of people who pay for telecom service has led to complaints

Consumer groups are challenging Bell Canada's tracking of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver targeted online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Canadian Radio-television and Telecommunications Commission, describing the practice as an abuse of privacy. They want Bell to be ordered to stop collecting the data.

The CRTC said it was studying the complaint and wouldn't comment further.

The Office of the Privacy Commissioner of Canada said Monday that it has received more than 150 complaints about Bell's data collection.

It is investigating whether collecting this data is compliant with the Personal Information Protection and Electronic Documents Act, the federal law which covers the collection, use and disclosure of information in commercial activities.

Bell said its data collection program isn't breaking any federal telecom rules or privacy guidelines and noted that customers can opt out at any time.

"Because customers would receive random online advertising in any event, they won't actually be seeing more ads, but they will see ads of greater interest to them," Bell spokesman Jason Laszlo said in an email.

Laszlo also said Bell could segment a large group of customers to advertisers who are interested in gaming, for example, but the advertisers wouldn't see any specific details about the customers.

The telecom giant announced last fall that it would collect consumers' data to put targeted ads on mobile devices to be able to compete with search engine Google and social network site Facebook, which offer ads to consumers based on their interests.

But Lawford said he believes the opt-out rate for Bell customers would be low, adding it's usually well under 10 per cent in these kinds of circumstances.

"They catch all of the people who have too many other things to do with their life," he said. THE CANADIAN PRESS

With or without your name

In the U.S., big telecoms Verizon and AT&T also allow their customers to opt-out of data sharing, but critics have said that even with personal identities stripped out the information still can be sold to third parties who would get a profile of customers' habits and interests.

Rouge

Air Canada's discount carrier adding routes

Air Canada is adding service to more sun destinations on its low-cost Rouge subsidiary this spring and summer as it continues to transfer older aircraft from its main fleet.

The airline said Monday that it will be adding new routes from Toronto and Montreal. THE CANADIAN PRESS

Silk Road site

2 bitcoin sellers face money-laundering charges

U.S. authorities said Monday they have charged two men with conspiring to commit money laundering by selling more than $1 million in bitcoins to users of the black market website Silk Road. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.99¢ (-0.32¢)

TSX 13,582.29 (-135.47)

OIL $95.72 US (-$0.92)

GOLD $1,263.40 US (-$0. 90)

Natural gas: $4.93 US (-$0.22)
Dow Jones: 15,837.88 (-41.23)

Rolling in the green from Stoner Bowl?

Bryan Weinman is pictured with two of his Stoner Bowl T-shirts in southeast Denver on Friday. Weinman and a few buddies registered the Internet domain www.stonerbowl.org and are using the website to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized marijuana. One shirt features the Vince Lombardi Trophy, reserved for the game's victors, refashioned into a bong. Another displays a spoof of the league's logo, with the letters THC replacing NFL. ED ANDRIESKI/THE ASSOCIATED PRESS

$650M deal. Hudson's Bay Co. to get swish makeover with Saks Fifth Avenue

Hudson's Bay Co. plans to open a pair of Saks Fifth Avenue luxury department stores in Toronto, the first such locations in Canada.

The retailer says one store will share space with HBC's flagship store in downtown Toronto, while the second store will be at the Sherway Gardens mall, in the city's west end.

The news came as HBC announced a deal to sell and lease back its main downtown Toronto store and executive offices to Cadillac Fairview for $650 million.

HBC will lease back the properties for 25 years with options to extend the leases nearly 50 additional years.

The company says it will use the cash from the sales to pay down debt and fund growth.

A man leaves the downtown Toronto flagship Hudson's Bay Co. store on Monday. THE CANADIAN PRESS

The HBC flagship store is across the street from Cadillac Fairview's Eaton Centre, which recently landed Seattle-based Nordstrom as a tenant in some of the space being vacated by Sears. THE CANADIAN PRESS

Booking.yeah. Travel site goes from Google searches to guffaws with new ads

When Canadian Darren Huston was recruited to join the leadership team at the Priceline Group, he sheepishly had to admit he'd never heard of the biggest company in the group's corporate stable.

No, not Priceline, the travel bidding site popularized by the wacky ads starring fellow Canuck William Shatner. The biggest company in the group is Booking.com, a challenger to the likes of Expedia, Orbitz and Travelocity that's big overseas but little known on this side of the pond. A minute-long TV spot titled "Booking.yeah" aims to change that.

The ads show anxious travellers preparing to open the doors to their rental properties while an amusingly over-the-top voiceover grows increasingly enthusiastic. "You got it booking right" and "It doesn't get any booking better than this" are a few of the commercial's one-liners.

Huston said the ads were designed to make Booking.com more memorable, given much of its business comes through Google searches, not because they're familiar with the company. THE CANADIAN PRESS

THEY'RE JUST NOT INTO YOU

SHE SAYS

Jessica Napier
metronews.ca

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one per cent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a "No honey, not tonight. I have a headache" kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup. Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hockey, played Down Under

MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. METRO

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

Clickbait

TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast to coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

GETTY IMAGES

@ClothApp:
Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:
Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.

Twitter

@metropicks asked: A brew coming to B.C. costs $150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelJSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@etihWynoT: I could see spending $150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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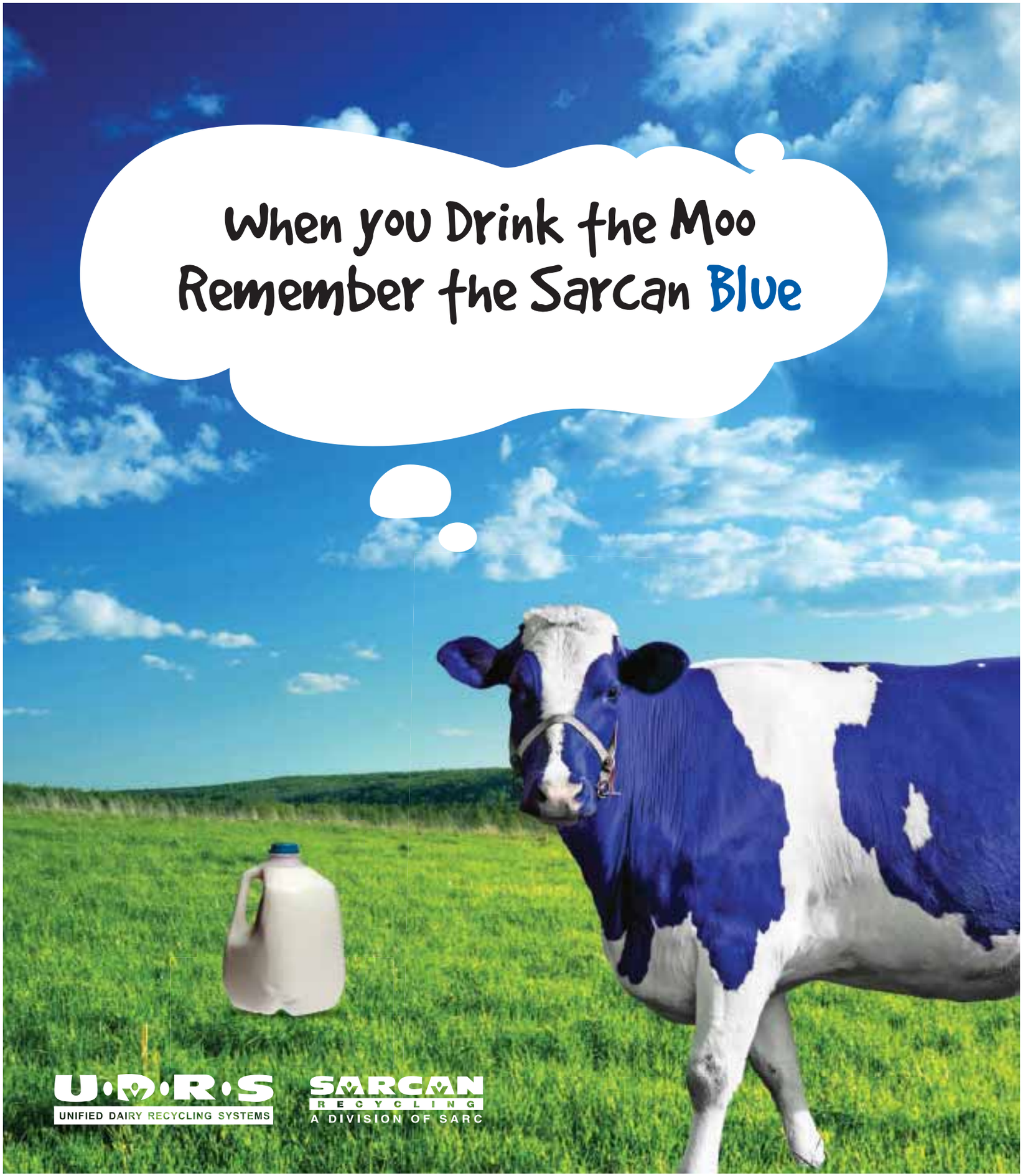
When you Drink the Moo
Remember the Sarcan Blue
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SARCAN
RECYCLING
A DIVISION OF SARC

DVD review

Rush

Director. Ron Howard

Stars. Daniel Brühl, Chris Hemsworth, Olivia Wilde

You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (The Queen) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing.

PETER HOWELL

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch, Daniel Brühl

Bill Condon adopts the info-dump approach of his subject, WikiLeaks, for this unsteady docudrama. The film combines elements of biopic, thriller and didactic documentary for a story that engages the mind but sometimes overtaxes it. Too much info is hurled at the screen, much of it at a rapid clip that makes it hard to take in. At the heart of it is a sterling performance by Benedict Cumberbatch as brash WikiLeaks founder Julian Assange, who takes the "publish and be damned" ethos to 21st-century heights, shaking world governments with revealed secrets and lies just a few clicks away.

PETER HOWELL

A Great Big World really do have something to say

Ian Axel performs on the runway at the 2013 Victoria's Secret Fashion Show in New York City in November. GETTY IMAGES

Piano pop. Duo has been working together since their days at NYU, but Aguilera's vocals on Say Something changed their lives forever

LINDA LABAN
Metro World News

Singing with superstars and performing with supermodels are just two of the many mind-blowing hookups Ian Axel and Chad Vaccarino experienced last year.

The piano pop duo, known as A Great Big World, performed on The Voice, at the American Music Awards and during the Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking if she could sing on their song Say Something, that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says. "I knew what this meant; I knew our lives were changed forever."

Still, it was a hookup eight years earlier, while both were studying in NYU's music business program, that put the 28-year-olds on track to the top of the pop charts. Though A Great Big World's seamless harmonies seem like destiny, the union wouldn't have happened if Axel hadn't literally stalked Vaccarino.

"We were put on the same project and I asked him to listen to my songs," says Axel.

"He was like, 'No, I'm too busy, I don't have time for anything else.' He really wanted to practice by himself, but I went to the practice room and looked through all the windows until I found him. I had to be pushy, I had to."

Vaccarino agrees with Axel's assessment: "I was really weirded out by how forceful he was, trying to have my friendship," he says.

The pair both laugh warmly at the recollection.

"Then, when he played me his song ideas on piano, I flipped out. Those concerns went out of the window. I was like, 'Oh my God, I'm so stupid! We should be writing together; we should be friends.'"

The pair say that choosing between their original recording of Say Something and the one with Aguilera was just too difficult, so A Great Big World's debut album, Is There Anybody Out There?, which was released in January, includes both cuts.

"I love both versions," says Vaccarino.

"I was definitely married to the original, but I love what Christina did: I love that she added this female element.

"She made the song more universal than it might have been. You have the two parallel male and female worlds, and they don't come together until the end of the song. It's all harmonized except for that last line.

"It's very dramatic."

Ian Axel, left, and Chad Vaccarino are the duo behind A Great Big World. CONTRIBUTED

Quoted

"I was really weirded out by how forceful he was, trying to have my friendship."

Chad Vaccarino, talking about how Ian Axel 'stalked' him while they were classmates at NYU's music business program.

SCENE

Prince ALL PHOTOS GETTY IMAGES

This is what it looks like, when Prince sues

Prince is going after some of his fans for posting recordings of some live performances online. According to Radar Online, the singer is suing two California individuals for infringing on his copyright by sharing bootlegs, and he's seeking $1 million US in damages from each of them. "The defendants rely on either Google's Blogger platform or Facebook, or both, to accomplish their unlawful activity," the suit claims, adding that the fans "typically publish posts that list all the songs performed at a certain Prince live show and then provide a link to a file-sharing service where unauthorized copies of the performance can be downloaded." Prince's lawyers say they have found more than 360 such links.

Michelle Williams

Bey's album is too bootylicious for Michelle Williams

Beyoncé's latest album might be incredibly popular, but at least one of her friends thinks the material's a bit too revealing. Former Destiny's Child band-mate Michelle Williams tells Us Weekly that some of the more graphic songs on the album make for awkward listening experiences. "The makeup artist and everyone was listening to her say these things and I'm like, 'That's private, girl!' We aren't supposed to know all that," Williams says. "But she is married and has produced a baby, and we know what you have to do to produce a baby, so OK!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB
Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Montieth."

Listen, Grammys, I know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon and put that part of the budget toward a proofreader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none to happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.

Nigella Lawson

Police won't cross Nigella's white line

British police have decided not to investigate celebrity cook and author Nigella Lawson for admitting illegal drug use in a recent court case.

Police said Monday that "no further action" will be taken.

The 53-year-old Lawson told a court in December that she had used cocaine a handful of times but was not a regular user. She was testifying in the fraud case of two former aides.

A police statement says the decision was based on the need for police action to be "proportionate" and on whether further action would be in the public interest. The statement says further police action might deter victims from being candid with police and courts.

Police say they consulted prosecutors before deciding not to pursue charges.

Quentin ain't gonna to let us Gawk at his script

Quentin Tarantino sued the news and gossip website Gawker on Monday over a post that directed readers to a leaked copy of the Oscar-winning screenwriter's latest script.

Tarantino's lawsuit accuses Gawker Media LLC of copyright infringement for posting a link to the 146-page script for a planned film titled The Hateful Eight last week. A link to the script was posted on Gawker's Defamer blog and remained active on Monday afternoon, despite demands from Tarantino's lawyers to take it down, the lawsuit states.

An email sent to Gawker seeking comment was not immediately returned.

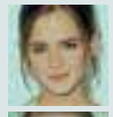
Tarantino blasted the leak last week in an interview with deadline.com and said he would abandon the project as a film. His lawsuit states he planned to publish the screenplay and that practice in the past has earned him hefty royalties and advances.

THE ASSOCIATED PRESS

Quentin Tarantino

Twitter

@MarlonWayans
Love that u guys can actually hear the wild, crazy, off-base, sometimes crass and rude thoughts in my head thru social media



@EmWatson
Computer just crashed. Pain au chocolat anyone?

@pattonoswalt
Fun fact about @HBO's #TrueDetective: It started as a MR. BELVEDERE reboot and went waaaaaay off the tracks.

Review

Keep track of burned calories with Wii Fit U

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Wii Fit U
Nintendo Wii U
3 ½ Stars
Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.

Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in Nutrition Journal. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.

Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. ISTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY
Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breast-feeding infants need a daily supplement.

It's also impossible to get all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

What's the healthiest way to Sesame Street?

Bert and Ernie jump rope and munch apples, and Cookie Monster only has his namesake treat once a week. Can a Muppets mini-makeover improve kids' health, too?

A three-year experiment in South America suggests it can. Now, the Sesame Street project is coming to the United States.

Six years ago, Dr. Valentin Fuster, a cardiologist at New York City's Mount Sinai Hospital, started working with the producers of television's Sesame Street on a project aimed at 3-to-5-year-olds.

"At that age they pay attention to everything" and habits can be changed, he said.

U.S. schools were initially reluctant, but the project launched in Colombia when a wealthy family's foundation was willing to sponsor the experiment in Bogota.

The project, which involved 1,216 children and 928 parents, taught kids healthy habits and about how the body works for an hour a day for five months using Sesame Workshop-produced videos, a board game, songs and activities. Parents were involved through take-home assignments and workshops that focused on overcoming barriers to good food and exercise.

Children's weight and exercise habits were measured at the start, one and a half years, and three years into the program. The proportion of children at a healthy weight increased from 62 per cent at the start to 75 per cent at three years for those in the program.

The project plans to launch this spring and fall in New York.

THE ASSOCIATED PRESS

New Muppet Dr. Ruster, centre, with, from left, Grover, Rosita, Elmo, Cookie Monster, Ernie and Bert. SESAME WORKSHOP/JOHN BARRETT/THE ASSOCIATED PRESS

Kale and Fig Salad's got the goods

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

The secret to preparing kale is to give it a good rinse under running water. Then, hold the rib in one hand and grasp the leaves at the base with the other. Quickly pull your hands in opposite directions to remove the leaves for chopping and discard the stems.

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Rip or chop kale into bite-sized pieces and place into a large bowl. Drizzle with vinegar and oil. Toss in figs and pumpkin seeds.

2. Toss and let stand at room temperature about one hour before serving. Can be stored in the fridge up to 3 days, covered. It just gets better!

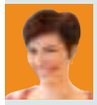
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 bunch kale, rinsed, with ribs removed (about 6-7 cups)
- 2 tbsp raspberry balsamic (or other raspberry vinegar)
- 2 tbsp extra virgin olive oil
- 6 mission figs, chopped
- 1/3 cup roasted, salted pumpkin seeds

Health Solutions

Give a fig



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Dried fruit is to be used sparingly because it is quite calorie dense but, boy, does it add a lot!

High in both potassium and fibre, one or two figs make a great treat. To stretch their flavour and benefits without swallowing a calorie bomb, add them to other dishes.

- Chop figs into salads instead of the more typical mandarin oranges or strawberries
- Add to a smoothie for fibre and bulk as well as sweetness
- Cut in half and simmer 1 cup into 1 cup of water to make a fig paste for charcuterie plates
- Chop one into bits and top a pizza with blue cheese
- Add to a savoury rice pilaf with nuts

Anywhere you need little hit of sweetness, figs can contribute much more than their little shrivelled up weight.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Blueberries, quinoa give salad a punch

Two of nature's superfoods — fresh blueberries and quinoa — team up with butternut squash to create a salad that's packed with protein, bursting with sweet and tangy flavor, and colourful enough to brighten the drab days of winter.

The protein in this salad comes from quinoa — one cup has a full gram more than is found in an egg.

1. Preheat oven to 450°F. In a large bowl, toss squash with 1 tablespoon of the oil. Spread on a rimmed baking sheet; bake until tender, about 22 minutes; let cool.

2. Meanwhile, in a medium saucepan, bring water and quinoa to a boil; simmer for 15-20 minutes. Remove from heat and cover; let stand 5 minutes. Fluff with a fork; cool.

3. In a small bowl whisk together remaining olive oil, lemon juice, salt and pepper; set aside.

5. In a large bowl combine squash, green onions, blueberries, arugula and quinoa. Drizzle with dressing; toss to combine. Serves six.

Quinoa can also be substituted with couscous.

NEWS CANADA/THE U.S. HIGHBUSH BLUEBERRY COUNCIL

Ingredients

- 1 pound butternut squash, peeled, seeded and cubed
- 4 tbsp olive oil, divided
- 2 cups water
- 1 cup raw quinoa, rinsed well
- 2 tbsp lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 green onions, thinly sliced
- 1-1/2 cups fresh, Chilean blueberries
- 3 cups baby arugula

This recipe serves six. NEWS CANADA

Ski cross

One more shot at medal for Del Bosco

Chris Del Bosco has a chance at redemption.

The 31-year-old was among the six athletes named Monday to Canada's ski cross team for the Sochi Winter Olympics.

Del Bosco appeared to have the bronze medal locked up in the men's final at the 2010 Games in Vancouver, but crashed out trying to make a pass to improve his position.

Joining the Montreal skier on the team are Dave Duncan of London, Ont., Calgary's Brady Leman, Kelsey Serwa of Kelowna, B.C., Marielle Thompson of Whistler, B.C., and Georgia Simmerling of West Vancouver, B.C.

THE CANADIAN PRESS

Hockey

Sochi last Games for NHLers? Daly non-committal

The NHL has not decided whether to let its players participate in the Olympics beyond this year, casting doubt on who will be competing for hockey gold in four years.

With the league set to push pause on its season for next month's Sochi Olympics, deputy commissioner Bill Daly is also allowing for the possibility of a security issue that could keep the players from travelling to Russia at all.

THE ASSOCIATED PRESS

Snowboarding

Olympic champ at '110 per cent'

Shaun White headed home from a week of training Sunday, with his coach declaring him "110 per cent" healthy for the Olympics despite that nasty-looking shiner under the snowboarder's right eye.

Bud Keene said White benefited greatly from the four-day session on the private halfpipe and slopestyle course in Copper Mountain, Colo.

White has been nursing his left ankle, which he sprained in December during the season's first Olympic qualifier. He opted against competing in the X Games so he could focus on Sochi, starting Feb. 6 with slopestyle qualifying.

THE ASSOCIATED PRESS

Crosby gets best of Miller again, this time in Pittsburgh

The Penguins' Taylor Pyatt keeps his eye on a rebound off Buffalo Sabres goalie Ryan Miller in the first period of a game on Monday night in Pittsburgh. Sidney Crosby had a pair of assists in the Penguins' 3-0 win. GENE J. PUSKAR/THE ASSOCIATED PRESS

Papa McMorris optimistic for Mark

'I have to be'. Father of Regina gold-medal contender says son is 'doing better than we all thought'

Mark McMorris will compete for slopestyle snowboarding gold at less than 100 per cent health with a rib injury. DOUG PENSINGER/GETTY IMAGES

Olympic gold-medal favourite Mark McMorris is in "great spirits," despite a fall that fractured a rib and nearly derailed his dream.

Don McMorris, the snowboarder's father, says Mark is moving around quite well after the incident during Saturday's slopestyle event at the Winter X Games in Aspen, Colo.

"When we left him (Sunday), he could bend over and touch his toes because of where (the injury) is at," Don McMorris told The Canadian Press on Monday. "You know a cracked rib in the front, you couldn't do that, but where it's at (around the back), he could bend to his toes and could raise his knees up to kind of his chest.

"He was really doing better than we all thought. He's got five or six days before he has to worry about riding and he's got the best people around him."

Olympic dream temporarily in limbo

"He was really scared, not necessarily about his own well-being, I don't think, but that he wouldn't get to go to the Olympics."

Snowboarder Mark McMorris's father Don

Mark McMorris caught his snowboard on the lip of a rail and went sliding down the bar on his right side before landing hard on the snow during the final. He stayed on the ground for a few minutes before riding down the hill under his own power.

It seems the 20-year-old Regina native lost focus.

"He probably hit that rail through the week, I don't know 50 times, and never had a problem with it or any of the rails because that's, I think, one of the strongest parts of his riding," said Don McMorris, who was in Aspen when his son fell. "But obviously he was focused on what he was going to do on the jump line because he was going to try something pretty major."

Don McMorris says his son didn't hurt much at first, but the pain got worse as the afternoon wore on. Mark McMorris finished with a silver medal at the event, but was "pretty down," said his father.

Mark McMorris was the two-time defending Winter X Games champion in slopestyle.

The fall raised questions as to whether he could compete in Sochi but his father remains is confident his son will.

"Yes, I'm optimistic, (I) have to be," he said. "I mean maybe too optimistic because there's going to be a lot of pain and ... you don't know how the body will react, but compared to what it could have been, we're pretty happy."

THE CANADIAN PRESS

Competing with pain

A fractured rib usually takes six weeks to heal, so Mark McMorris won't have time to fully recover before the Games start Feb. 7.

4 SPORTS

CFL. Suber-sonic Bomber: Defensive back signs new contract with Winnipeg

Alex Suber is hungry to start another CFL season with the Winnipeg Blue Bombers and wipe away the memory of 2013, one of the worst on record for the team.

"I'm excited just for a new start, just to see where things are going, to bring some kind of tradition back to the team and guys being excited about something new," the defensive back said during a conference call Monday after agreeing to stay with the Bombers rather than go to free agency next month.

Suber is entering his fifth CFL season, all with Winnipeg. He played 18 games last season recording 54 tackles, two interceptions and one fumble recovery, while adding six special-teams tackles.

"He brings an attitude to the field and is a great athlete on both defence and special teams," GM Kyle Walters said in a statement about Suber. "He was a player on our free-agent list we targeted very early on as a guy we wanted back and the organization is very excited to have him wearing the Bomber uniform for the foreseeable future."

The Blue Bombers' Alex Suber intercepts a pass against the Argos on Oct. 19. THE CANADIAN PRESS

With just three wins in 2013, the Bombers tied a modern record for the second-worst season in team history. It cost general manager Joe Mack and coach Tim Burke their jobs.

THE CANADIAN PRESS

Phoenix Open

Back pain could keep Mickelson from title defence

Phil Mickelson flew to Georgia to see a specialist about the pain in his lower back, hopeful of defending his title in the Phoenix Open.

Mickelson, who first felt soreness in his back while in Abu Dhabi, withdrew after making the 36-hole cut in the Farmers Insurance Open at Torrey Pines. He said he did not want to risk getting into bad habits by compensating for pain.

Mickelson met with Tom Boers, who told him his facet joints had locked up. THE ASSOCIATED PRESS

NFL

No radical changes ahead for Bills' D-line: Schwartz

Mario Williams and the rest of the Buffalo Bills defensive front can breathe easier with Jim Schwartz taking over.

The Bills' newly hired defensive co-ordinator indicated on Monday he has no plans to make drastic changes to the aggressive approach that made Buffalo one of the NFL's most feared pass-rushing teams last season.

And that means he intends to continue leaning on a Williams-led defensive line. THE ASSOCIATED PRESS

Broncos CB: 'I've had my fun in this league'

Super Bowl. Defensive star Rodgers-Cromartie mulling a post-NFL championship career change after six seasons

Dominique Rodgers-Cromartie is 27 years old, right in his prime as an NFL player.

Perfect time to retire.

The Denver Broncos cornerback said Monday he's giving serious consideration to hanging it up after the Super Bowl. He's not burned out, not worried about his health.

He just figures he's had a good run.

"I had a goal of playing five years, and I reached that," Rodgers-Cromartie said.

He's completed six seasons in the NFL, in fact, and could be in line to command plenty of money after making three interceptions in 2013. But Rodgers-Cromartie insisted that depending on how he feels after Sunday's game, he might call it quits.

He even knows what he would do instead of football. He'd go back to college and study psychology to become a guidance counsellor at his old high school.

"I had my fun in this league," he said.

Rodgers-Cromartie came out of Football Championship Subdivision's Tennessee State and figures he wasn't supposed to make it in the NFL at all from a small school, let alone surpass the average two to three years that players last in the league.

He wasn't a typical lower-division prospect, though, selected by the Cardinals with the 16th overall pick in 2008. Rodgers-Cromartie played three years in Arizona and two in Philadelphia before joining the Broncos.

He regularly tells his teammates about his plan.

"They always think I am joking about it," he said.

Even if he sticks around next season, Rodgers-Cromartie can't imagine repeating the feat of fellow Denver cornerback Champ Bailey, who's in his 15th year in the league.

Asked about Bailey's longevity, Rodgers-Cromartie exclaimed a curse word in admiration, then added, "He can have that."

THE ASSOCIATED PRESS

Dominique Rodgers-Cromartie of the Denver Broncos speaks to the media on Monday in Jersey City, N.J. The Broncos cornerback says he is seriously considering retirement after his team plays the Seahawks at Super Bowl XLVIII at Metlife Stadium on Feb. 2. JEFF ZELEVANSKY/GETTY IMAGES

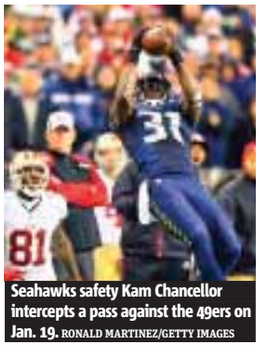
In need of guidance?

"I had a goal of playing five years, and I reached that."

Broncos cornerback Dominique Rodgers-Cromartie, 27, on considering retiring from the NFL after the Super Bowl following six seasons with three different teams.

Notes from New Jersey

- **Temperate title game.** The weather forecast for the first Super Bowl in an outdoor stadium in a cold-weather city is nothing out of the ordinary. National Weather Service meteorologist Anthony Gigi said Monday the forecast calls for temperatures to reach a high of 4C with a low of -3C. There is little threat of precipitation.
- **Bud bowl.** Seahawks coach Pete Carroll said Monday he supports Commissioner Roger Goodell's message last week that the league could consider medicinal marijuana as a treatment if science proved it could be beneficial for players who have suffered concussions.
- **Betting on a record.** Fans bet an unprecedented $99 million on the Super Bowl last year, and the Nevada gambling industry expects to break the record again Sunday.



Seahawks safety Kam Chancellor intercepts a pass against the 49ers on Jan. 19. RONALD MARTINEZ/GETTY IMAGES

Chancellor lays down the law in secondary

Kam Chancellor is imposing. He's a strong safety that looks like he should be playing linebacker and the hardest hitter in the best secondary in the NFL.

What is setting Chancellor apart is his ability to still be intimidating but do it within the framework of the NFL wanting to protect defenceless offensive players.

It's a tricky line and one that Chancellor struggled with earlier in his career. But he's found a way to accomplish the task of being an enforcer minus the penalties, both on the field and in the bank account.

"I don't think it's a matter of adjusting. It's just learning how to tackle, the proper technique to tackle," Chancellor said. "Once you learn the proper technique to tackle you can get your feet under you and you can explode through anybody."

His play is being recognized outside of Seattle as well. He was a Pro Bowl selection and a second-team All-Pro this season. Chancellor was also the first member of Seattle's secondary to be locked up long term when he signed a four-year extension last April.

"I'm surprised he's not up for defensive player of the year," teammate Michael Bennett said. "When he tackles, he's just amazing."

THE ASSOCIATED PRESS

Quoted

"I know if I was coming across the middle about to catch a ball I would be looking for 31."

Michael Bennett on teammate Kam Chancellor

Horoscopes

♈ Aries
March 21 - April 20
Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

♉ Taurus
April 21 - May 21
You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

♊ Gemini
May 22 - June 21
Make an effort to see things as they are, unclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

♋ Cancer
June 22 - July 23
Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

♌ Leo
July 24 - Aug. 23
Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

♍ Virgo
Aug. 24 - Sept. 23
You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

♏ Scorpio
Oct. 24 - Nov. 22
Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

♑ Capricorn
Dec. 22 - Jan. 20
It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

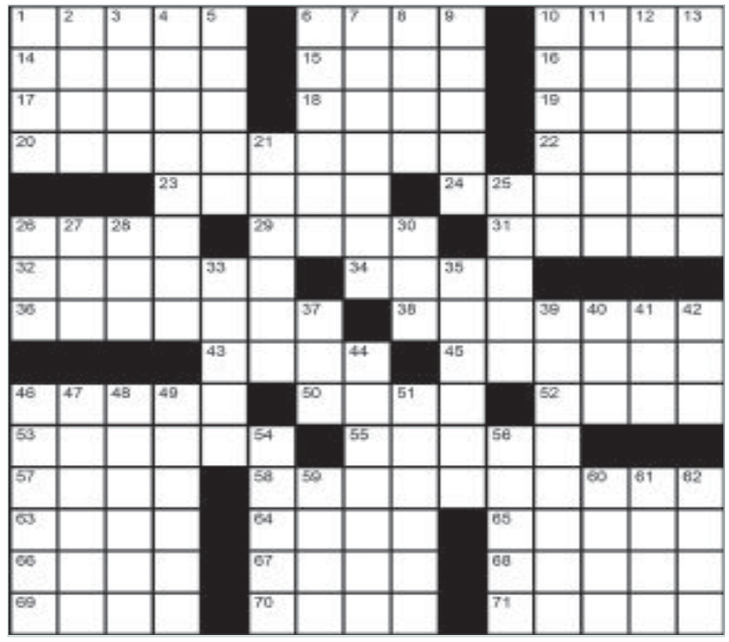
♓ Pisces
Feb. 20 - March 20
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

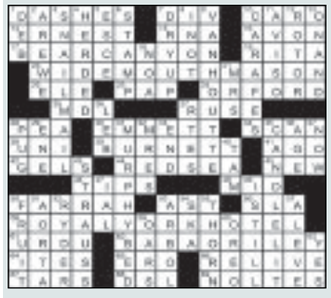
BY KELLY ANN BUCHANAN



Across
1. Squabbles
6. Canned meat
10. Dismal
14. __-on bag
15. Prefix to 'copter'
16. Ms. Olin
17. Once more
18. Designer Mr. von Furstenberg
19. Cdn. competition in 1972
20. Canadian snowboarding great/Olympian, Ross __
22. Honk
23. Polar Bear snacks
24. Odour-ous
26. Some cars
29. 'M' of Canadian writer L.M. Montgomery
31. Beneath
32. Opera legend Mr. Caruso
34. Has tea elegantly
36. Halifax: Mount Saint __ University
38. One of a cute "Star Trek" alien species
43. Just _ __ on the map
45. Bark (as of trees) in French
46. Thick tablets
50. "Star Trek: Deep Space Nine" character
52. Sure signs?
53. Environment
55. "Giant" (1956) ranch
57. Bodily structure, for short
58. Supported the vocalist: 2 wds.
63. Just in case...
64. __ d'Orsay, in Paris
65. Jargon
66. "General Hospital" role
67. Reverse
68. Small hill
69. Attention __
70. Collar type
71. Female fortune-teller of ancient times

Down
1. Boo-boo in Al Pacino's 1983 flick
2. Book leaf side
3. 'A' in UAE
4. Mesozoic Era's first period
5. J.M. __ (Irish playwright)
6. 1962 Tommy Roe tune
7. Winged horse
8. Bunches: 2 wds.
9. Cooper cars
10. __-free bread
11. Flipped the house
12. Footwear accessory
13. Self-sacrificer
21. Kingston-born Celtic singer, Mary Jane __
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael __ ("Cityline" chef, a Judge on "MasterChef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. cummings of poetry, et al.
44. Twister
46. The __ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to __"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari __ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		2		7		8	
7								6
		2	4		5	3		
	2		7	1	3		9	
	9						4	
	7		6	9	4		2	
		6	5		8	1		
4								2
	1		9		6		3	

Yesterday's Sudoku

8	2	1	3	7	9	4	6	5
7	6	3	4	1	5	9	2	8
4	9	5	6	8	2	7	1	3
6	3	2	8	9	7	1	5	4
5	8	7	1	4	6	3	9	2
9	1	4	2	5	3	8	7	6
3	4	6	7	2	1	5	8	9
1	5	8	9	6	4	2	3	7
2	7	9	5	3	8	6	4	1

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